

Amendment to the Claims:

1-2. Cancelled.

3. (Currently amended) A mechanical system for exercising target oblique muscles of a body, comprising:

a base;

a stationary neck rigidly coupled to the base to prevent rotation of the stationary neck with respect to the base;

a handle coupled to a distal end of the stationary neck;

a platform in rotational contact with the base, the platform having a centerline substantially aligned with the stationary neck; and

a divider aligned along a the centerline and rigidly coupled to the platform, the divider having first and second opposing vertical faces of fixed height extending upwardly from the platform, wherein a user maintains upper body substantially stationary by holding the handle and applies forces through an inside portion of ~~each foot~~ both feet normal to the first and second opposing vertical faces of the divider, respectively, to cause rotation of the platform with respect to the base and exercise the target oblique muscles.

4. (Original) The system of claim 3, wherein a width of the handle accommodates a position of a left hand of the body at least a shoulder width apart from a right hand of the body.

5. (Original) The system of claim 3, wherein a height of the neck is adjustable to match a height of the body.

6. (Original) The system of claim 3, wherein the platform or base is operable to provide an adjustable resistance to the rotation of the platform.

7. (Original) The system of claim 3, further including a weight coupled to a portion of the platform to provide resistance to the rotation of the platform.

8. (Original) The system of claim 7, wherein the weight readily disengages the platform.

9. (Currently amended) An exercise machine, comprising:
a base;

a stationary shaft rigidly coupled to the base to prevent rotation of the stationary shaft with respect to the base;

a handle coupled to the stationary shaft;

a platform in rotational contact with the base, the platform having a centerline substantially aligned with the stationary shaft; and

a divider aligned along a the centerline and rigidly coupled to the platform, the divider having first and second opposing vertical faces of fixed height which provides a rotating leverage point of the rotatable platform when forces are applied normal to the first and second opposing vertical faces of the divider.

10. (Original) The machine of claim 9, wherein a width of the handle accommodates a position of a left hand of the body at least a shoulder width apart from a right hand of the body.

11. (Original) The machine of claim 9, wherein the base or platform is configurable to provide resistance to a turning operation of the platform.

12. (Previously presented) The machine of claim 9, wherein the stationary shaft is extendible to match a height of a user.

13. (Original) The machine of claim 9, further including a weight coupled to the platform to provide additional resistance to a turning motion of the platform.

14. (Previously presented) The machine of claim 9, wherein the handle is coupled to the distal end of the stationary shaft.

15. (Previously presented) The machine of claim 9, wherein the stationary shaft is held in a substantially stationary position by the base.

16. (Currently amended) An exercise apparatus to activate the oblique muscles of a body, comprising:

a base having a fixed portion;

an extendible shaft rigidly coupled to the fixed portion of the base to prevent rotation of the shaft;

a handle coupled to the extendible shaft to allow for an upper portion of the body to be held in a stationary position;

a foot plate in rotational contact with a second portion of the base, the foot plate having a centerline substantially aligned with the extendible shaft, wherein the foot plate allows for a lower portion of the body to turn; and

a divider aligned along a the centerline and rigidly

coupled to the foot plate, wherein forces applied normal to first and second opposing vertical faces of the divider causes the foot plate to rotate.

17. (Original) The apparatus of claim 16, further including a weight affixed to the foot plate, wherein the weight produces an inertial force to resist the rotation of the foot plate.

18. (Original) The apparatus of claim 17, wherein the weight is removable from the foot plate.

19. (Currently amended) A method of manufacturing an exercise machine, comprising:

providing a base;

~~providing~~ connecting a shaft rigidly ~~coupled~~ to the base to prevent rotation of the shaft with respect to the base;

~~providing~~ connecting a handle ~~coupled~~ to the shaft;

~~providing~~ placing a platform in rotational contact with the base, the platform having a centerline substantially aligned with the shaft; and

~~providing~~ affixing a divider aligned along a the centerline and rigidly coupled to the platform which provides a rotating leverage point of the platform when forces are applied normal to first and second opposing vertical faces of the divider.

20. (Original) The method of claim 19, further including providing a weight which is operable to couple to the platform to provide resistance to a turning motion of the platform.

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21. (Original) The method of claim 19, wherein the shaft is extendible to match a height of a user.